Sit Still – without thought

Almost in every meeting, some visitor or the other, at one stage or another, cannot resist asking: "But what exactly does one have to DO?" In answer to one such query, Shri. Maharaj said, "DO? Nothing. Just sit still, without thought ....", and, as if to demonstrate, he himself sat cross-legged on his seat, his back straight, his hands on his knees, and, almost instantaneously, he was in the no-mind state.

Shri Maharaj's posture and the utter stillness in the little room (somehow, at such times, the noises on the road outside do not seem to intrude) induced several of the visitors to also to sit still with their eyes closed. As I sat there in a similar state, it occurred to me that when Shri. Maharaj says "without thought", he obviously does not mean suppression of thought because he often says that words and thoughts are the nature of the life force within the body. Therefore, when Shri. Maharaj says "without thought" he obviously refers to a state where both aspects of thought – the presence of thought and the absence of thought – are absent; where ~~both~~ the positive and negative aspects of thought are both absent and the mind is empty or fasting, – or there is the presence of the absence of no-thought.

After a while, Shri. Maharaj opened his eyes and said, "you should all try it as often as you can – you will benefit a great deal. But remember not to remain with the words. Words have a strict limitation. They must be accepted only as pointers and getting involved in the mere play of words will lead you nowhere. Always keep the SENSE in view. Let the words reveal their inner meaning to you.